

PEDIATRICIAN'S PICK



CHOCOLATE CHIP BANANA PROTEIN MUFFINS

These hearty muffins are the perfect blend of wholesome and satisfying. They're soft, naturally sweet, and packed with flavor, while still offering a more nourishing option for breakfast or snacking.

TAKES:
25 MINUTES

MAKES:
12 SERVINGS

DIRECTIONS

1. Preheat oven to 350°F.
2. Mash bananas in a large mixing bowl. Add melted butter, milk, and eggs and mix well.
3. Mix flour, oats, protein powder, baking soda, baking powder, salt and cinnamon in a separate bowl.
4. Add dry ingredients to wet and mix until combined.
5. Stir in chocolate chips.
6. Scoop into a lined muffin tin and bake for approximately 15 minutes or until a toothpick comes out clean.

INGREDIENTS

- 3 ripe bananas
- 1/3 cup melted butter
- 1/3 cup milk
- 2 eggs
- 3/4 cup almond flour
- 1 cup quick oats
- 2 scoops vanilla protein powder
- 1 tsp baking soda
- 1 tsp baking powder
- 1/4 tsp salt
- 2 tsp ground cinnamon
- 1/3 cup dark chocolate chips

NUTRITION

1 SERVING:
185 calories, 18g carbohydrates,
9g fat, 8g protein, 8g sugar, 3g fiber

DIETITIAN'S CHOICE



PEANUT BUTTER POWER OAT BALLS

This quick snack provides a combination of protein, carbohydrates, and healthy fats to help curb hunger between meals.

TAKES:
11 MINUTES

MAKES:
16 SERVINGS

DIRECTIONS

1. First mix the oats, peanut butter, powdered peanut butter, water, and honey together and stir until well combined.
2. Next add the scoop of protein powder and mini chocolate chips. Mix to combine.
3. Last, use a cookie scoop to form the mixture into 1 inch balls. Continue until all the mixture is used up.

INGREDIENTS

- 1 cup quick oats
- 1/4 cup natural peanut butter
- 2 Tbsp powdered peanut butter
- 1 1/2 Tbsp water
- 1/4 cup honey
- 1 scoop vanilla protein powder
- 2 Tbsp mini semi-sweet chocolate chips

NUTRITION

1 SERVING:

79 calories, 11g carbohydrates, 3g fat,
4g protein, 6g sugar, 1g fiber

DIETITIAN'S CHOICE



EASY BANANA ROLL-UPS

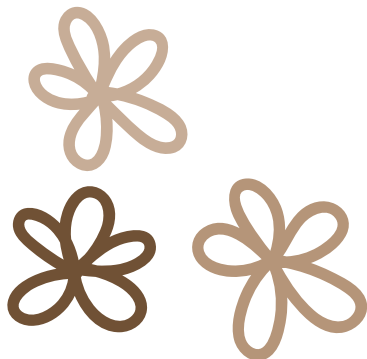
These banana roll-ups are easy to make, require no cooking, and are great for lunchboxes, after-school snacks, or even a simple dessert. With just a few ingredients and a couple of minutes, you can whip up a tasty treat that feels a little special but is still wholesome and filling.

TAKES:
5 MINUTES

MAKES:
10 SERVINGS

DIRECTIONS

1. Place tortilla on cutting board and spread evenly with peanut butter and Nutella.
2. Peel banana and place it on the edge of the tortilla and roll it up. Repeat with the second tortilla.
3. Cut into bite-sized pieces and enjoy!



INGREDIENTS

- 2 taco-sized whole-wheat tortillas
- 6 Tbsp peanut butter
- 2 Tbsp Nutella
- 2 whole bananas
- Optional: chopped walnuts

NUTRITION

1 SERVING:
90 calories, 10g carbohydrates, 5g fat, 3g protein, 5g sugar, 1g fiber

DIETITIAN'S CHOICE



CHEESECAKE PROTEIN PUDDING

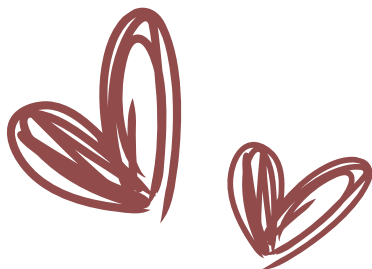
This protein pudding offers a more balanced alternative to traditional desserts. Evening meals often contain higher amounts of carbohydrates, so choosing a protein-based sweet option can help satisfy cravings while maintaining balance.

TAKES:
2 MINUTES

MAKES:
1 SERVING

DIRECTIONS

1. Mix or whisk together the Greek yogurt and cheesecake pudding together until mixed really well.
2. Dip or top with your favorite fresh fruits and nuts.



INGREDIENTS

- 1 cup vanilla Greek yogurt fat-free or regular
- 1 Tbsp jello sugar-free cheesecake pudding mix
- Optional: add 1 - 2 Tbsp almond milk for creamier consistency

NUTRITION

1 SERVING:
110 calories, 8g carbohydrates, 3g fat,
15g protein, 5g sugar

DIETITIAN'S CHOICE



CARROT CAKE ENERGY BITES

These naturally sweet energy bites are packed with fiber, healthy fats, and natural sugars to give kids steady energy while supporting digestion and brain health.

TAKES:
10 MINUTES

MAKES:
12 SERVINGS

DIRECTIONS

1. Begin by pulsing dates in a food processor until completely smooth.
2. Shred carrots using the largest grating size on a box grater. This should equate to about 1 cup.
3. Add carrots and the rest of the ingredients to the bowl and mix until combined. If the mixture is a little too wet add almond flour or oats until desired texture.
4. Portion the balls using a cookie scoop and roll into a smooth ball.
5. Enjoy immediately or chill until more firm. Keep refrigerated for 5 to 7 days.

INGREDIENTS

- 3 medjool dates
- 2 carrots, shredded
- 1/3 cup cashew butter
- 1/4 cup honey
- 3/4 cup quick oats
- 1/4 cup chia seeds
- 1/3 cup almond flour
- 1/3 cup ground flaxseed
- 1 1/2 tsp cinnamon
- 1/4 tsp allspice
- Pinch of salt
- 1/2 cup white chocolate chips

NUTRITION

1 SERVING:
220 calories, 22g carbohydrates, 13g fat, 4g protein, 15g sugar, 4g fiber

DIETITIAN'S CHOICE



PEANUT BUTTER CHEERIO BARS

These crunchy, no-bake bars combine whole grains and healthy fats to give kids quick energy and keep them fueled between meals.

TAKES:
1 HR. 10 MINUTES

MAKES:
16 SERVINGS

DIRECTIONS

1. Line a 8x8 inch or 9x9 inch baking dish with parchment paper and set aside.
2. In a small saucepan on medium heat, melt together honey, peanut butter, and vanilla. Stir until completely melted, about 2-3 minutes then remove from heat. Add in cinnamon and stir again.
3. Stir in Cheerios until evenly coated.
4. Pour mixture into prepared pan and spread evenly with a spatula.
5. Chill in the refrigerator for up to 1 hour to set and harden. Cut into 16 small bars and enjoy!

INGREDIENTS

- 1/2 cup honey
- 1/2 cup peanut butter
- 1/2 tsp vanilla extract
- 1/8 tsp cinnamon
- 3 cups Cheerios cereal

NUTRITION

1 SERVING:
105 calories, 15g carbohydrates, 4g fat, 2g protein, 7g sugar, 1g fiber

DIETITIAN'S CHOICE



PEANUT BUTTER & JELLY OATMEAL

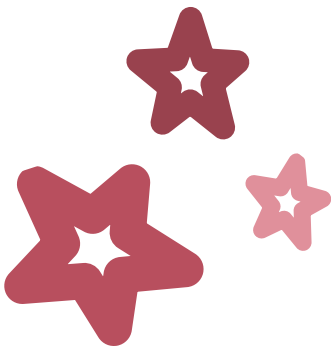
Made with hearty oats, creamy peanut butter, and sweet berries or jam, it's a comforting breakfast that tastes a little nostalgic while still being packed with wholesome ingredients. It's easy to make, customizable, and a great way to start the day with a satisfying meal that both kids and adults can enjoy.

TAKES:
5 MINUTES

MAKES:
1 SERVING

DIRECTIONS

1. Cook oats using milk according to package directions.
2. Stir in peanut butter or powdered peanut butter and fruit while warm.



INGREDIENTS

- 1/2 cup old-fashioned oats
- 1 cup milk
- 1 Tbsp peanut butter or powdered peanut butter
- 1/2 cup frozen berries or 1 Tbsp jam/jelly

NUTRITION

1 SERVING:
400 calories, 51g carbohydrates, 16g fat, 17g protein, 19g sugar, 7g fiber

DIETITIAN'S CHOICE



CHEESY BUFFALO CHICKEN DIP

This recipe offers a flavorful variation on chicken-based dishes with a mild spicy kick. Serve this dip with whole-grain crackers, vegetables, or pretzel thins for a balanced snack or meal component.

TAKES:
30 MINUTES

MAKES:
4 SERVINGS

DIRECTIONS

1. Preheat the oven to 350°F.
2. In a mixing bowl, combine the Greek yogurt, cottage cheese, shredded chicken, garlic powder, onion powder and hot sauce. Mix to combine.
3. Pour the mixture into an 8x8 inch baking pan then top with the shredded cheese.
4. Bake for 25 minutes. Garnish with sliced green onions and optionally drizzle with ranch and hot sauce.

INGREDIENTS

- 3/4 cup Greek yogurt
- 1/2 cup cottage Cheese
- 2 cups chicken breast, cooked and shredded
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 2/3 cup hot sauce
- 2/3 cup low-fat cheddar cheese, shredded
- 3 green onions, sliced

NUTRITION

1 SERVING:

225 calories, 2g carbohydrates, 9g fat, 31g protein, 2g sugar

DIETITIAN'S CHOICE



BREAKFAST BAGEL PIZZAS

These Breakfast Bagel Pizzas are a satisfying way to start the day with a balance of protein, fiber, and flavor. Made with eggs, cheese, and your choice of bacon or sausage, they provide plenty of protein to help keep you full throughout the morning.

TAKES:
25 MINUTES

MAKES:
2 SERVINGS

DIRECTIONS

1. Preheat oven to 400°F. Place bagel halves on a cookie sheet.
2. In medium bowl, whisk together eggs, garlic powder, salt, pepper. Cook in medium nonstick skillet over medium heat.
3. Spread cream cheese on bagel halves.
4. Remove eggs from heat and top over bagel halves. Sprinkle bacon or sausage crumbles and shredded cheeses on bagel halves.
5. Bake for 10–15 minutes until cheese is melted.

INGREDIENTS

- 1 whole-wheat bagel, sliced in half
- 2 Tbsp cream cheese
- 2 large eggs, beaten
- Dash of garlic powder
- Salt and pepper to taste
- 4 slices bacon, crumbled or sausage crumbles
- 1/2 cup shredded mozzarella cheese
- 1/2 cup shredded cheddar cheese

NUTRITION

1 SERVING:
475 calories, 28g carbohydrates, 32g fat, 22g protein, 3g sugar, 3g fiber

DIETITIAN'S CHOICE



PB BANANA BLENDER MUFFINS

These muffins are the perfect easy weekday breakfast! They are low in sugar and are easy to make! Just blend, pour, and bake!

TAKES:
30 MINUTES

MAKES:
16 SERVINGS

DIRECTIONS

1. Preheat the oven to 350°F. Grease 16 muffin tins.
2. In a blender, combine the bananas, peanut butter, coconut oil, maple syrup, eggs, and vanilla until combined.
3. Add the flour, baking soda, and salt, blend again until just combined. Fold in the chocolate chips.
4. Divide the batter among the prepared muffin tins.
5. Bake for 20–22 minutes, until just set.

NUTRITION

1 SERVING:

400 calories, 51g carbohydrates, 16g fat, 17g protein, 19g sugar, 7g fiber

INGREDIENTS

- 4 medium ripe bananas, mashed (about 1 1/4 cup mashed)
- 1/2 cup creamy peanut butter
- 2 Tbsp melted coconut oil
- 1/4 cup maple syrup
- 2 eggs
- 1 Tbsp vanilla extract
- 1 1/2 cups whole-wheat flour
- 1 1/2 tsp baking soda
- 1/2 tsp kosher salt
- 3/4 cup semi-sweet chocolate chips